

Tom Alper's Elite Football Camps

Robert Morris University Bubble at Neville Island

Saturdays: Feb. 7, 21 & March 7

This camp is a non-contact teaching camp designed for players from the 7th grade through the 12th grade. We provide small group instruction with a player-to-coach ratio of 10:1 (or better) and are committed to enhancing both knowledge and performance by providing maximum and productive repetitions. We employ outstanding high school and college coaches and former college players.

Kicking Academy

6:45 pm -- 9:45 pm

Kickers: approach to the ball; placement of plant foot; alignment of body to the ball and target; where to strike the ball; keeping the head down; follow through; PAT/FG practice with the long-snappers.

Kick-off-Deep/Squib/Onside/Placement-FG/PAT
Alignment to goalpost-adjustment for long FG attempt; timing with long-snapper/holder

Punters: proper hold/grip of the ball; placement of feet when receiving the snap; fundamental of the drop; extension of the arms; alignment of body on the strike of the ball; practice punting with the long snappers. Placement inside the 20, punting deep out of end zone, Pooch Punt timing with long -snapper.

Long Snappers: grip of the ball; placement of feet; release and follow through; techniques for accuracy; snaps for PAT/FG and punts; development of consistency with the kickers and punters; adjustment to the holder; the right timing for FG/PAT-Punt.

Quarterback/Receiver Academy

7:45 pm -- 10:45 pm

What will a quarterback learn from this camp?

- Quarterbacks will learn to recognize basic pass defenses as well common reads and "trigger" drills that quarterbacks need to effectively attack basic coverages.
- Quarterbacks will learn drills and exercises that can be beneficial to quarterback's performance.
- Quarterbacks will learn how to correct the common errors that many young quarterbacks make with respect to throwing, hand-off, scrambling, leadership and more.
- Quarterback fundamentals on the three types of the handoff and pitch
- Five major points of the release
 - Drills to develop footwork and release
 - Drills to develop throwing on the run
 - Pass drops-3/5--Step. Sprint out
 - Bootleg, Play-Action, Screens
 - Leading the Huddle
- Detailed instruction on recognizing coverages and fronts.

What will a receiver learn from this camp?

- Receivers will learn the fundamentals and proper techniques of stance and start that are vital to master an explosive "get off" from the line of scrimmage.
- Receivers will learn basic and advanced separation techniques and maneuvers to attack soft man, press coverage and zone defenses.
- Receivers will learn fundamental "catch" drills and a method for developing concentration and focus. These drills can be incorporated into a year-round skill development program
- Receivers will learn to read and attach basic pass coverages through classroom and on the field instruction
- Receivers will learn to run basic "quick" game routes and proper "deep ball" route techniques
- Receivers will learn a strength and conditioning program designed specifically for their position requirements.

Player Name/Team _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Address _____

Position: Quarterback Wide Receiver Kicker Punter Long Snapper

School _____ Grade _____

Please fill out this form and return it with a check for \$275 to:
Tom Alper
SEND TO:
Tom Alper
627 Glenrock Drive
Bethel Park, Pa. 15102

Please note: The camps will NOT be cancelled due to weather.

For more information contact: Tom Alper
Email: TomAlperKickCamp@hotmail.com
Cell: 412-901-8096
Web: www.tomalperkickingacademy.com

Each Quarterback and Receiver should bring one football.
Each Kicker and Punter should bring three footballs.
Long-Snappers should bring one football.